

ONE TO ONE TRAINING SESSIONS

PERSONAL TRAINING (GYM & TRACK-SIDE)

Prior to commencing our Personal Training sessions, we recommend that drivers first complete one of our fitness assessments. This will enable us to devise a specific personal training programme tailored to your specific individual requirements and goals. We will take care of all aspects of your physical training, planning and delivering your training sessions, giving you the extra motivation and encouragement to progress and succeed as well as giving you exercises to work on from home in between training sessions. We also offer track-side personal training support to ensure that you are at your best for each practice, qualifying and race session, by implementing personalised pre-performance routines, helping to plan your nutrition and hydration and aiding with your recovery.

PSYCHOMOTOR TRAINING SESSIONS

Psychomotor Skills are components of fitness that a driver can never have enough of as they have a direct impact on performance in the car (e.g reaction to start or an incident, co-ordination of gear changes or steering corrections and balance to help you feel the car). These sessions are specifically to improve those all important reactions, coordination, balance and peripheral vision. We have a range of equipment designed to work on these aspects such as the CardioWall, Fitlight and Neurotracker.

STRENGTH TRAINING SESSIONS

Sessions specifically to improve strength aspects of performance for your chosen formula or when you are transitioning from one formula to another (e.g Karts to single seaters). This could include neck strengthening exercises, upper body strength, core strength are working on a specific area of weakness you need to address. Sessions will use a variety of strength training methods and equipment such as our Technogym F1 trainer.

BRAKE TRAINING SESSIONS

Sessions specifically to help you improve the strength, power and control of your braking. We have a bespoke brake trainer for you to work on the strength, power and control in your brake trace. We also support this with a range of selected training exercise to enhance the strength and fine motor control in the muscle groups involved in the braking technique.

PRE-PERFORMANCE ROUTINE

A pre-performance routine is a consistent procedure that drivers use to prepare themselves for competition. PPR prepares drivers by creating a familiar routine; it acts as a cognitive load (preparative thoughts, feelings or movements) which prevents other unplanned thoughts from distracting drivers whilst also focusing them on the task at hand. At iZone we can help you to create your own routine to get you in the optimal physical and mental state for competition. A pre-performance routine is a consistent procedure that drivers use to prepare themselves for competition. PPR prepares drivers by creating a familiar routine; it acts as a cognitive load (preparative thoughts, feelings or movements) which prevents other unplanned thoughts from distracting drivers whilst also focusing them on the task at hand. At iZone we can help you to create your own routine to get you in the optimal physical and mental state for competition.

BESPOKE GYM TRAINING PROGRAMME

If you are looking to transform your physical training from general fitness to becoming a professional Motorsport Athlete then we will create a bespoke gym training programme to help you achieve this. Forget the standard training you do in an everyday gym, this is a programme consisting of specific exercises that are targeted at enhancing particular areas of a driver's performance, they are personalised to each driver's requirements depending on their needs and the equipment they have available. The programme consists of Cardiovascular, Strength, Psychomotor and Flexibility training and progress on all exercises is recorded by the driver and reviewed remotely by our trainer. The programme can then be reviewed on a monthly basis.

To find out more or to book a session please get in touch and we'll get back to you:

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